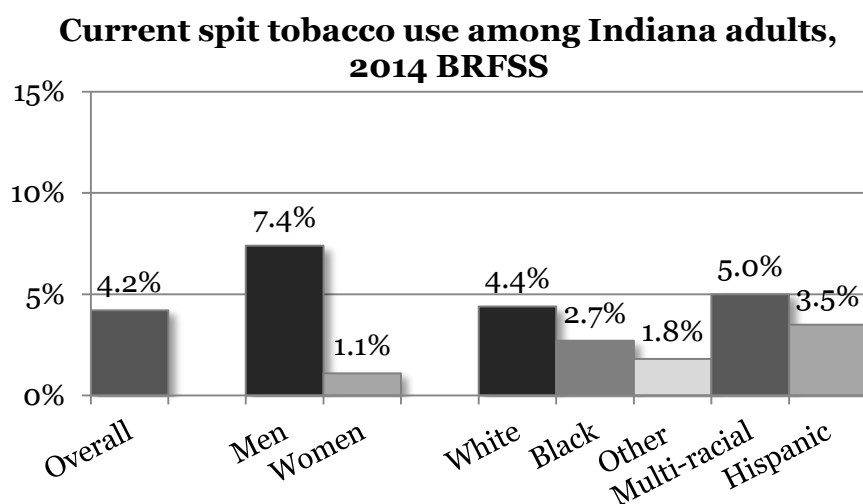


Spit Tobacco Use in Indiana

Spit tobacco, or smokeless tobacco, comes in two forms: moist snuff and chew. Snuff is a finely ground tobacco and is usually placed between the bottom lip and gum and held there. This is also referred to as “dipping”. Chewing tobacco is shredded tobacco leaves placed between the cheek and gum. Spit tobacco contains 3,000 chemicals; 28 of them have been identified as cancer-causing agents including formaldehyde, nicotine, arsenic, cadmium, and polonium-210.

Spit Tobacco Use among Adults in Indiana and the U.S.

- An estimated 4.2% of all Hoosiers were current spit tobacco users in 2014,¹ similar to the national average of 4.2% (2013).²
- Spit tobacco use is substantially higher among men (7.4%) than women (1.1%) in Indiana.¹ This is similar to median rates among men (7.8%) and women (0.9%) nationwide (2013).²
- Spit tobacco use among Indiana adults is highest among individuals reporting multiple races (5.0%), followed by whites (4.4%), Hispanics (3.5%) and African Americans (2.7%).¹ These rates were similar to national averages.
- Among Indiana men, spit tobacco use is most prevalent among whites (8.1%) and those ages 35-44 (13.9%) and 18-24 (10.4%).



Spit Tobacco Use among Youth in Indiana³

In 2014, 1.8% of middle school students and 8.0% of high school students in Indiana reported using spit tobacco. However, like among adults, spit tobacco use among youth is far higher among males than females. Approximately 2.7% of middle school males and 13.6% of high school males in Indiana reported current use of spit tobacco in 2014. These rates are somewhat higher than spit tobacco use rates among middle school males (2.1%) and high school males (9.9%) nationwide.⁴

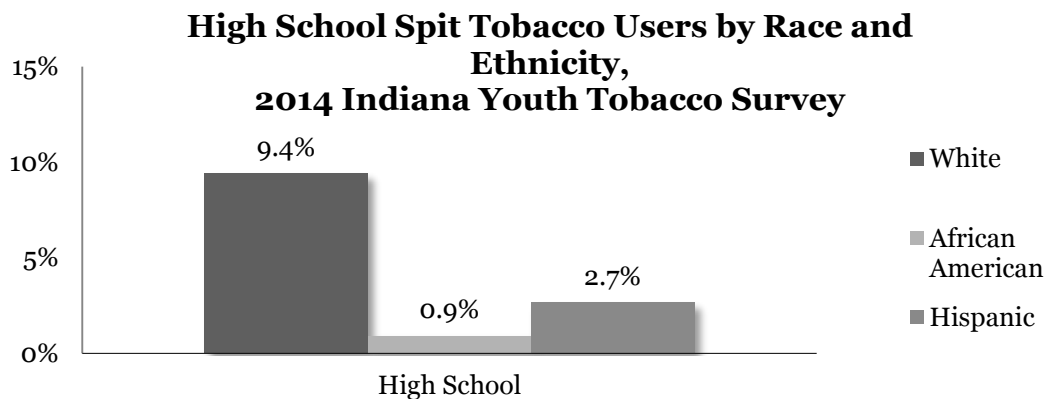
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Indiana's Tobacco Quitline

Spit Tobacco Use among Indiana Youth by Race/Ethnicity*

In 2014 white youth reported the highest rate of spit tobacco use among high school students, at 9.4%. This was significantly higher than spit tobacco use rates among Hispanic (2.7%) and African American (less than 1%) high school students. These rates were similar to nationwide rates of spit tobacco use among white (7.8%), African American (1.1%), and Hispanic (3.1%) high school students.⁴



Negative Health Effects

Holding one pinch of spit tobacco in your mouth for 30 minutes releases the same amount of nicotine as smoking 4 cigarettes. Some of the negative effects of using spit tobacco include bad breath, spitting and stained teeth. Spit tobacco is not a safe alternative to cigarettes and is responsible for numerous health problems. People who use spit tobacco are at risk of many health problems including:

- **Cancers** of the lip, esophagus, pharynx, larynx, pancreas and stomach. Users of spit tobacco are 50 times more likely to get oral cancer than non-users. These cancers can form within only 5 years of regular spit tobacco use.
- **Mouth diseases:** Spit tobacco use can lead to leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and tongue. Studies show that 60-78% of spit tobacco users have oral lesions. During the first 3 years of use, leukoplakia occurs in more than half of smokeless tobacco users. Spit tobacco also causes gum recession, increasing the risk of cavities.
- **Heart diseases:** Spit tobacco increases the risk of heart attack and other heart disease as the nicotine constricts veins, leading to heart problems and high blood pressure.

Want to Quit Using Spit Tobacco?

Tobacco users should contact a health care provider for assistance and call 1-800-Quit-Now or visit www.QuitNowIndiana.com for evidence-based support, advice and resources.

¹ Indiana State Department of Health. Behavioral Risk Factor Surveillance System, 2014.

² Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed 06 Aug, 2015]/
<http://wwwdev.cdc.gov/brfssprevalence/>.

³ Indiana State Department of Health. Indiana Youth Tobacco Survey. 2014.

⁴ Arrazola RA et al. Tobacco use among middle and high school students – United States, 2011-2014. *MMWR* 2015; 64(14): 381-385.

*Due to the small number of African American and Hispanic students who reported spit tobacco use, rates for these populations may be unstable and should be interpreted with caution.

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